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# Phibron Forward

## Season's Greetings

It's hard to believe it's that time of year already. We're just about half way through deployment. We made it through the summer, the fall and now it's time to celebrate the holiday season. Recently we celebrated Thanksgiving and received a visit from the Chief of Naval Operations (CNO) Adm. Jonathan Greenert and Master Chief Petty Officer of the Navy (MCPON), Mike Stevens. What a wonderful surprise and morale booster the visit was. Greenert traveled to the ship with his wife. He answered the crew's questions, presented awards to Lt. James Brassard, HM1 Nicholas Eadie and OSSN Jamonte Wilson. He handed out coins and re-enlisted eight Sailors. He commented about the condition of USS Boxer and gave big kudos

to all departments for their hard efforts making his visit enjoyable. The only thing that could possibly compete with a visit from the CNO would be an unbelievable meal. The Thanksgiving meal aboard Boxer was unlike anything we



have experienced so far this deployment. So many food options, so little time or little room to put it all. We had a choice of fresh cut ham, tur-

key, roast beef or chicken. Side dishes included cranberry sauce, candied yams, stuffing, green beans, mashed potatoes, as well as corn on the cob. We can't forget the desserts, which by no means were limited. Every kind of cheese cake you can think of to chocolate cake and good ol' fashioned pumpkin pie. Is anyone else hungry and ready for another amazing holiday meal? Thank you to the Culinary Specialists. They deserve a big pat on the back as well as all of the chiefs, officers and volunteers that helped serve the food.



Side boys welcome Adm. Jonathan Greenert aboard.



Boxer CO, Capt. Gumbleton and CPR-1, Commodore Potts take a break from serving food.

# Happy Holidays

This month, CPR-1 and the Boxer family celebrate the holidays



Here at CPR-1, we're filled with the holiday spirit. Every workspace you enter has some sort of holiday cheer. Doors are decorated and trees are set up. We chose to do a Secret Santa exchange as well as a White Elephant. We enjoyed the kindness during the Secret Santa exchange, and the incredible laughter that comes from gift swapping during White Elephant. No matter how you look at it this holiday season will bring memories that will likely be remembered for a lifetime.

## Season's Greetings From CW03 Michael Johnson

Q) What is the best Christmas present you ever gave to someone?

A) A brand new Nissan Maxima GXE or a three piece all in one ring.

Q) What is the best Secret Santa gift you ever received?

A) My son was born two weeks early and an iPad.

Q) How can you tell it's Christmas time?

A) By how well we treat one another. The increase in spirituality, and of course by the sales ads.

Q) Favorite Christmas music?

A) The Temptations.

Q) Ideal Christmas out to sea?

A) I would play Christmas music over the 1MC, have minimal watches, extended meal hours and gift giving in every work center.

## Congratulations to the newly Advanced Sailors

HM1 Nicolas Eadie, IS2 David Troyer, IS2 Elliot Adcock, OS2 Courtney Dunlap, CTR2 Lori Pearce, HM2 Eric Rabbitt, AC3 Taylor Parrish, CTT3 Kyle Flatten, MC3 Conor Minto.



# Blazing the trail.....in Medical

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Lt. George Loeffler, a staff psychiatrist, and Hospital Corpsman 2nd Class (FMF/SW) Jake Skinner, a behavior health technician, arrived aboard Boxer in September to support the Amphibious Ready Group (ARG) and help support the larger Operational Stress Control picture for the entire ARG and Marine Expeditionary Unit across three ships.



“I give them relaxation and meditation techniques,” said Skinner from Moore, Okla. “I also try to help them put humor into everyday situations.”

Skinner, whose long term career goal is to be a detective, says his job lets him read his patients body language to get an understanding of their behavior and better help them.

“Our role is with the mental health aspect, improving performance, resilience, coping skills, and decreasing acute crises and medical evacuations,” said Loeffler from New York City. “Mental health ultimately enhances fighting-force preservation.”

They didn’t waste any time getting settled either. Immediately they set up classes and started seeing patients. Helping Sailors and Marines is their main goal.

“I think I have the best job in the world,” said Loeffler. “I get to work with people on a real human level. Everyone suffers, and I get to help them refocus on their strengths.”

One of the classes they offer is Sleep, Anger, Stress and Relaxation (SASR), a skill based program held daily in medical. It’s a group forum, where the door is always open to any Sailor or Marine who wants to attend, whether they have seen the doctor or not.

“It allows me to talk to my Marines who have PTSD [Post-Traumatic Stress Disorder], relationship or family problems and be able to put the puzzle together on the outside and give them the tools to fill it in on the inside,” said Skinner.

Skinner, who has been in the Navy for more than eight years, says his biggest drive for wanting to help people comes from past experiences.

“I have had a couple of friends who committed suicide when they got back from deployment,” said Skinner. “I’d always say come talk to me, but what I said and what the chaplain said wasn’t enough. My drive is to never let that happen again.”

Loeffler and Skinner both teach the SASR class, which also gives service members coping skills to help them handle the kinds of challenges they might face during deployment.

## Meet and Greet with IT3 Jeremy Gardner

Q) How old are you?

A) 19 years old. The youngest member of the staff.

Q) When did you know you wanted to join the Navy?

A) My junior year of high school.

Q) Are you the first in your family to join the service?

A) No. Both my parents and grandfather served in the Navy.

Q) For the people in your home town Ozark, Mo. what is one thing you want them to know about the Navy?

A) You get to see the world, and meet really amazing people.







# Welcoming Our Newest Members

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## Lt. Stacey Hall

Q) Where are you from?

A) Meridian, Miss.

Q) What is your education background?

A) I have a Bachelor's Degree from the University of Southern Mississippi in Political Science. I then attended Naval Post Graduate School for Operations Analysis.

Q) How did you become an N4?

A) The opportunity arose and I volunteered myself for the position.

Q) What is something you hope to achieve while in the Navy?

A) I hope to become a Lieutenant Commander.

## OSC David Grigsby

Q) What was your first duty station in the Navy?

A) USS Independence (CV-62), Yokosuka, Japan.

Q) How many deployments have you done?

A) 12.

Q) Do you have a family back home?

A) No.

Q) Is this your first staff duty?

A) Yes.

## Other events of interest...



Lt. Donnelly talks to CPR-1 Sailors during a Disability Awareness month presentation.



Machinist Mate 2nd Class Cynthia Velasco gives Capt. Keith Moore Deputy CPR-1 an overview of the main machinery room on the amphibious dock landing ship USS Harpers Ferry (LSD 49).